

Yakira L. Sproul

Foundations of College Writing- Dr.Sherry

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Balancing School Work vs. Social Life

Problem

We all know that as college students, it is very tough to enter into a new environment with different people, cultures and even dealing with the academic part of college. It is also very tough to be on your own, but socializing in college is what makes you feel as if you are in your comfort zone. However, this causes students to socialize too much. So how do students balance their college school work with their social life? In this paper, I will first provide background from two other studies of college students who balance school work and social life:

Rubenstone's (2013) *Balancing College School Work and Social Life* and Frazier (2012) *School, Work, and Social Life- There has to be a balance*. Then, I will address this using data in the form of quotes and pictures. Finally, I will draw conclusions about social life at Bloomsburg University of Pennsylvania.

Background

For most people who are not in college or have never attended college will not understand how hard it is to balance your school work with your academics so researchers have created many tips to balance the two out. Sally Rubenstone from College Confidential states that freshmen are not accustomed to a typical college schedule which can mean only one or two classes and deadlines may be weeks or months away. This mean that "free time" seems to increase; making it easy to procrastinate. Rubenstone also talks about the art of peer pressure when it comes to certain students. She says, "Some of us are better than others when it comes to resisting temptations or saying no to peer pressure. Some students, too, worry more about grades and class performance than others do, and they work hard to make academics a priority." This means that Rubenstone have made a few observations that is very accurate for college students.

Frazier and Rubenstone both have made the point clear that once you need to create a line between your work and social life but Frazier pointed out something that is different.

On the other hand; According to Frazier, studies have shown that people who have a little more on their plate are better at managing their time. If Rubenstone was to read this study from Frazier, there would be a nice debate. Frazier says, “Students are urged to get involved from the very moment they set foot on campus. There seems to be this overwhelming pressure to fill every block of space with something to do, and, in my experience, it happens so seamlessly that you almost don’t realize it.” So what about students at Bloomsburg University? Do they feel pressured to socialize and get involved as soon as they are on campus? If so, how do they balance the pressure of being social with their school work?

Method

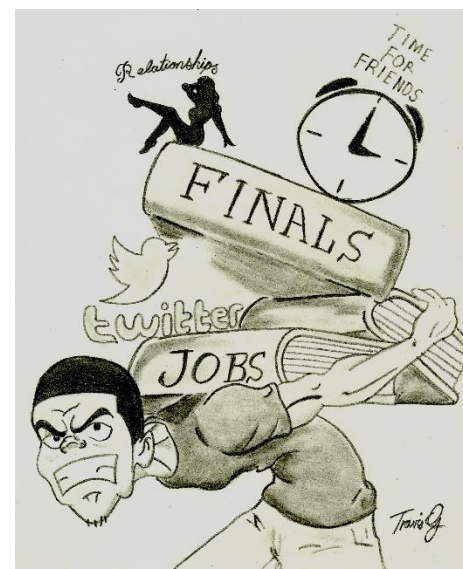
To answer these questions, I read tips from both Rubenstone’s (2013) *Balancing College School Work and Social Life* and Frazier (2012) *School, Work, and Social Life*- There has to be a balance. I then compared their information and tips with students at Bloomsburg University to see if some things were accurate and to observe different things about how college students balance their school work with their social life.

Findings



To the left is a picture of a college student trying to study and do her school work but obviously, it is a fail because she is very tired. This suggests to me that this student is tired and cannot do her work because she have been partying the night before or just socializing too much in general. (Walters 2011)

To the right is a drawing by a college student name Travis. The drawing is to portray how students are balancing their social life and academics. It is important to learn to balance, because both are essential not to just college but also to life in general. Developing relationships with new people, making connections and being involved on campus are just as important as learning, studying and making good grades. Students now unbound by parental restrictions are free to do whatever they want. Students have the freedom to sleep in late, skip class and party till they cannot party anymore, but of course, those freedoms come with consequences. It is easy to go “buck wild” in college and ultimately forget the reason that they are here in the first place. (Alfred Anderson)



Next, I interviewed two people who were different from me. They could be the opposite sex, race, have different interests or they could have different ways of carrying themselves on campus. I decided to interview a Caucasian girl that lives across from me in my dorm building and I also decided to interview an athlete who plays football. I asked the girl a question which was, what are parties like for her at Bloomsburg University? Her answer was that parties are very packed, with a bunch of kid, beer, sweat and music. This interested me, because parties are not like that for me because I hang within a different environment (a different race to be exact) and it shows me that even though students are living in the same environment, race can make college seem like there are thousands of environments in one community. This makes social life being different for plenty of students. I asked football player Aaron, how does he separate his academic life from his sport? He told me that because he is an athlete, he takes 12 credit courses. This gives him more time for his work and his sports. I connected this with balancing social life with your academics, because does this mean that Bloomsburg athletes also have more time to have social life than to actually work on their academics? I think that this creates more students to slip from their work when they are taking 12 credit courses.

“Some colleges have such an intense academic atmosphere that students wisely confine partying to the weekends. Students at these schools find that peer pressure can mean hitting the

books, not the bars.”(Rubenstone 2013). This comment suggests that social life could even depend on what university you attend and not just by personal decisions.

Conclusion

Based on the data that I collected, the social life at Bloomsburg is somewhat not only based by your own decision but Bloomsburg University holds a campus that can also peer pressure students to party and socialize with others. It is important to create bonds with various people with different cultures. This creates positivity on the campus and it portrays the university to have a “family” bond. In Rubenstone’s study, she focuses on the art of peer pressure and ways that it can overcome students. I connected that with students who attend Bloomsburg University and the studies were pretty accurate. On the other hand, Frazier studies focuses on how students who have more to do are better with managing their time.

Personally, I think that there always comes a time when there is too much on your plate so you have to balance your time with whatever you are dealing with during the moment. I also think that for freshmen, it is very hard to separate your time between the social life and academics because there is so much freedom that you are not used to. But overall, learning how to balance your social life with your school work is a personal decision. There are plenty of ways that you can balance the two, but the question is if you really want to do it.

References

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